



Suggested Uses for the PFT Overview Packet Materials

Document	Description and Audience	Suggested Uses	Suggested Distribution Dates
Questions and Answers About the Physical Fitness Test (pages 4-7)	Provides answers to questions frequently asked by school district and school test coordinators responsible for the administration of the PFT	<ul style="list-style-type: none">Distribute copies at PFT administration training workshopsDistribute copies through school district mail	Prior to and during PFT testing
2004-05 Physical Fitness Test Reference Guide (pages 8-16)	Contains descriptions and suggestions to assist school staff with the proper administration of the PFT	<ul style="list-style-type: none">Distribute copies at PFT administration training workshopsPost on the school district Web site	Prior to and during PFT testing
Parent and Guardian Guide to the PFT and the FITNESSGRAM® (pages 17-18)	Provides a comprehensive description of the six areas of the <i>FITNESSGRAM®</i> and details the test option(s) available for each area	<ul style="list-style-type: none">Distribute copies at parent/guardian information meetingsAttach copies to regular communications to parents and guardians (i.e., weekly home packets, PTA communications, school/home newsletters)	Prior to and during PFT testing
Parent and Guardian Guide to the PFT and Family Fitness (pages 19-20)	Provides an overview of the PFT and includes a summary of the 2003-04 statewide results, answers to key questions, and a list of family fitness activities and fitness-related Web sites	<ul style="list-style-type: none">Distribute copies at parent/guardian information meetingsAttach copies of student reports of results	Following PFT testing
Physical Fitness Test Web Site Resources (page 21)	Outlines a list of Web sites designed to assist PFT test coordinators in accessing important resources related to the PFT administration and results	<ul style="list-style-type: none">Distribute copies at PFT administration training workshopsPost on the school district Web site	Prior to, throughout, and following PFT testing
Physical Fitness Test: Program Overview 2004-05 (pages 22-39)	Contains a slide presentation designed to be used to introduce administrators, school staffs, parents and guardians, or community members to the PFT	<ul style="list-style-type: none">Use at workshops and meetings with administrators, school staffs, parents and guardians, or community members	Prior to and during PFT testing